

Eggplant and green bean curry



A GREAT CURRY TO UTILISE EXCESS EGGPLANTS

DIFFICULTY	Easy
PREP. TIME	20 mins
COOKING TIME	30 mins
SERVES	6

INGREDIENTS

5 large eggplants
6 tablespoons of sunflower oil
1 ½ cups of passata
400 ml tin of coconut milk
1/1/2 cups of chopped snake beans or other beans or peas
Handful of chopped coriander
½ cup cashews or almonds

CURRY PASTE

2 medium size onions
6 garlic cloves roughly chopped
2 thumb sized pieces of ginger
2 lemongrass stalks
5-6 medium chillies, deseeded and roughly chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon ground turmeric

EQUIPMENT

Small blender
Tablespoon
Cup
Frying pan
Large bowl
Knife
Chopping board
Paper towel

Method

1. Put all of the curry paste ingredients into a blender with 2 tablespoons of water and whiz to a coarse paste. You might need to scrape down the sides a few times.
2. Halve the eggplants lengthways. Cut each half into three lengths. Halve each piece to that you have 12 wedges from each eggplant.
3. Heat 2-3 tablespoons of oil over a medium heat in a fry pan. Cook the eggplant in batches, until lightly browned. As you remove them from the pan, lay the wedges on some paper towel to drain.
4. In the same pan, heat 1 tablespoon of oil and half of the curry paste (keep the other half for another future use). Stir for approximately 3 minutes.
5. Add the passata and coconut milk. Simmer for 10 minutes.
6. Add the beans or peas and simmer until they are tender
7. Season well with salt and pepper and sprinkle over the chopped coriander
8. Serve with rice and a lemon or lime wedge if you have one.

Tips

Curry paste blends together more effectively in a processor when there are more ingredients. Keep the other half of the curry paste in the fridge and use for another curry in the future. Keep for a week or freeze.

Inspiration for this recipe has come from 'River Cottage, Veg everyday' by Hugh Fearnly-Whittingstall.